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It's called an Achilles heel for a reason

Kobe Bryant still out of commission PAGE 18

U of R fears tainted blood

267 test subjects warned of a very low chance of exposure to HIV or hepatitis PAGE 2

JUDGE CALLS CENSUS TRIAL A RIDICULOUS 'DISASTER'

ACTIVIST NOT GUILTY PAGE 3

Health Minister Dustin Duncan said on Wednesday that the Saskatchewan government isn't prepared to completely toss out the possibility that "liberation therapy" is an answer for people with multiple sclerosis. ROSS ROMANUIK/METRO

Province holds onto contested MS treatment

Liberation therapy. Prominent study not 'conclusive evidence,' says health minister

ROSS ROMANIUK
ross.romaniuk@metronews.ca

The Saskatchewan government isn't completely scrapping the notion that so-called "liberation therapy" is an answer for multiple-sclerosis, despite a new study that some say debunks the procedure.

After prominent medical journal The Lancet published a study this week that its authors say shows it's unlikely that a narrowing of certain veins is the cause of MS, Health Minister Dustin Duncan stressed on Wednesday that the province isn't ready to toss aside the theory.

"We have an obligation to be a part of that research, whether or not it results in the answers that some people want to hear," Duncan said of liberation treatment, which a few thousand Canadians have travelled out of the country to undergo.

The theory goes that chronic cerebrospinal venous insufficiency (CCSVI) is the reason for MS symptoms, which could be lessened or removed through a "dilation" or a clearing of constricted veins from the brain.

Published Tuesday, The Lancet report — led by Dr. Anthony Traboulsee of the University of British Columbia — concludes that CCSVI had been found in similar portions in three kinds of subjects — those with MS, siblings of those patients and in others.

Open mind

"We've always taken the position that this may or may not be the answer."
Health Minister Dustin Duncan, on liberation therapy.

Duncan, however, pointed out that Saskatchewan has "among the highest if not the highest incidence of MS in Canada" and said the province will continue to examine research that might help those with the disease.

The study won't stop a clinical trial of the treatment from proceeding on 100 subjects in Vancouver, Winnipeg, Montreal and Quebec City. The more than $5-million, two-year trial is expected to show its results in about two years.

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NEWS

Landfill fire

Kindersley declares state of emergency

A community in west-central Saskatchewan has declared a state of local emergency due to health concerns about smoke from a landfill fire.

The town of Kindersley is warning people to keep their windows closed and to avoid inhaling the smoke.

Officials are awaiting the results of air quality tests being done by the Saskatchewan Environment Ministry.

The fire at the landfill started on Monday night and the flames spread due to windy conditions, but the blaze has been contained.

THE CANADIAN PRESS

Building technique

Arctic-style construction used in local homes

Three homes in the North Central district are being built with foundation techniques that are new to Regina.

The houses on Retallack, Rae and Cameron streets are being constructed with the Multipoint system, which was developed for use in the Arctic as a way to better allow for concrete basements in permafrost.

Slingshot Residential Inc., co-founded by Rob Sentis and longtime North Central resident Ken Watson, is using the system to adapt to certain Regina soil conditions.

The provincial government announced on Wednesday that it's contributing more than $93,000 to the project through Saskatchewan Housing Corp. and the Summit Action Fund.

METRO

Race to fill the bags with food

Steve Compton, CEO of the Regina Food Bank, stands with Great Canadian Food Fight bags on Wednesday to announce the organization's new donation drive. The food bank is asking Queen City residents to fill the bags with non-perishable food and leave them on their front doorsteps on Oct. 19. The request is part of an effort to put Regina's donations ahead of those of other cities in the Food Fight. The Regina Food Bank won the competition last year with about 183 tonnes of donations. ALYSSA MCDONALD/METRO

Blood tests at U of R put hundreds at risk

Bad blood. The head of the program involved in the tests says the risk of blood-borne infections is very low, but the school doesn't want to take any chances

The University of Regina says it has put hundreds of people at risk due to years of improper blood testing.

The university has issued a warning to more than 260 people who had "blood lactate level testing" done as part of kinesiology and health studies courses.

A nine-month audit found that between 2006 and 2012 an improper testing procedure was used on students during testing in second- and third-year exercise physiology classes, on volunteers participating in research projects and with "fee for service" clients.

The head of the program, Dr. Harold Riemer, says the risk of blood-borne infections is very low, but the school doesn't want to take any chances.

A letter to past and present students who may have been affected says potential risks of exposure to HIV, hepatitis C and B ranges from a one in 10 million chance of contracting HIV to a six in one million chance of catching hepatitis B.

In all, 267 people took the test during the six years, but their names were not catalogued, so the school is sending out 644 letters to past and present students to make sure everyone is reached.

Quoted

"We should have been more alert to keep our testing standards up-to-date. I want to apologize to everyone involved and assure them that we will do whatever is needed to make the situation right."

Dr. Harold Riemer, University of Regina

"We should have been doing our jobs better," Riemer said in a news release Wednesday.

"We should have been more alert to keep our testing standards up-to-date. I want to apologize to everyone involved and assure them that we will do whatever is needed to make the situation right."

Dr. Maurice Hennick, the deputy medical health officer with the Regina Qu'Appelle Health Region, said he agrees that everyone should be informed.

The procedure in question involved an instrument used to prick the finger of subjects to draw blood.

The lancet that pierced the skin was replaced with each patient but the holder part of the device was reused after being wiped with alcohol. The school says that once it learned that procedure was not up to current standards, processes were changed immediately.

THE CANADIAN PRESS/CJME

Students get lesson in the dangers of distracted driving

Call it a crash course on the perils of distracted driving.

Dozens of Regina teenagers were given free rein to use cellphones behind the wheel on Wednesday, in the presence of police on a closed obstacle course.

"It's kind of scary, ... hard to concentrate," Anna Marcotte-Cribb, a Sheldon-Williams Collegiate student, said of texting on the RCMP training track.

"When I am in a car with someone who is texting, it makes me nervous because I do realize the consequences."

Many of the students admitted to having texted behind the wheel. A new report by Ford of Canada says that almost all the people it has surveyed — teens between 16 and 19, and their parents — have engaged in distracted driving.

In Saskatchewan and Manitoba, 67 per cent of teens and 69 per cent of parents have admitted to having their eyes on their phones instead of on the road.

"I am just used to it," said Emily James, a Grade 12 student who admitted that she texts while driving — especially at red lights.

"It's just a habit that I need to break."

The students experienced various distractions: phone calls and texting, putting on makeup or eating, and driving with noisy passengers.

"We really need them to understand that it's not safe and that it is impacting lives," said Cam Bottrell, general manager of Capital Ford Lincoln, who organized the event.

"One mistake, one second can have an impact."

ALYSSA MCDONALD/METRO

Emily James texts while driving on the RCMP obstacle course.
ALYSSA MCDONALD/METRO

Judge ridicules quest to punish census activist

In the name of justice?
89-year-old 'martyr in the making' is a public relations disaster for the prosecution, judge says

A Toronto judge lambasted the government Wednesday for its prosecution of an 89-year-old peace activist who refused to fill out the 2011 census, and found her not guilty.

Audrey Tobias admitted that she refused to fill out the basic personal information the census required because it was processed using software from U.S. military contractor Lockheed Martin.

But the judge noted there are two elements that the Crown must prove for a conviction: the act and the intent.

Tobias's testimony left Ontario Court Judge Ramez Khawly unsure whether she was accurately recalling her intent for refusing the census nearly 2 1/2 years ago, or if the passage of time has "dimmed her memory."

That left Khawly with reasonable doubt of Tobias's intent and he said he therefore must acquit her.

"Could they not have found a more palatable profile to prosecute as a test case?" Khawly said. "Anyone in Justice who had not seen that coming should be ushered immediately into an introductory marketing course."

Tobias stood defiant on the courthouse steps, saying she was willing to be dragged off to jail if she had been found guilty.

Asked whether she had been afraid of the prospect, she shrugged.

"I was curious," she said. "I wondered what it would be like." THE CANADIAN PRESS

"Did no one at Justice clue in that on a public relations perspective, this was an unmitigated disaster?"
Ontario Court Judge Ramez Khawly
Activist Audrey Tobias stands on the steps of a Toronto court on Wednesday.
CHRIS YOUNG/THE CANADIAN PRESS

Mexican woman turned away from clinic, gives birth on lawn

Irma Lopez, 29, stands next to her newborn son Salvador at a clinic in the town of Jalapa de Diaz, Mexico, earlier this week. Mexican officials suspended a health centre director Wednesday after Lopez, an indigenous woman, was denied entry to his clinic and was forced to give birth on the lawn. A nurse kicked Lopez out of the clinic on Oct. 2, claiming she was "still not ready" and had to wait for a doctor. Lopez gave birth while grabbing the wall of a house next to the clinic. CHEMA ALVAREZ/THE ASSOCIATED PRESS

France. 2 more reporters held in Syria identified

France has revealed the existence of two more journalists taken hostage in Syria, after the prime minister identified them in a radio interview, apparently by mistake.

The disclosure that Nicolas Henin and Pierre Torres had been kidnapped while in Syria June 22 brings to four the total of French journalists known to be held hostage in Syria.

The Foreign Ministry said Wednesday that Henin and Torres' capture was not disclosed until now out of respect of their families' wishes. However, in an interview on French radio Wednesday, Prime Minister Jean-Marc Ayrault named them for the first time while answering a question about two other kidnapped reporters.
THE ASSOCIATED PRESS

Brazil. Man left legless after amputation mix-up

A Brazilian hospital says a patient with diabetic kidney failure has been left legless after going into an operation to amputate his right leg and having doctors remove his left.

Marilda Santos, spokesperson for Rio de Janeiro's Pedro Ernesto University Hospital, says that on Friday doctors were supposed to amputate Antonio Cesar Victorio's right leg, but instead removed his left.

"When the patient's daughter told doctors they had removed the wrong leg, they amputated the other leg as well."

Victorio's daughter told the O Globo newspaper that the family plans to sue.
THE ASSOCIATED PRESS

Get the cluck out!

French legislator fined for making chicken noises at female colleague

A French legislator was sanctioned Wednesday for clucking at a female colleague while she spoke in the National Assembly, the latest incident of catcalling in the French parliament.

The office of the Assembly's president said Philippe Le Ray of the UMP party will be fined about $1,700 US.

Le Ray clucked at Veronique Massonneau, an ecologist deputy, as she addressed the parliament late Tuesday. She pleaded, "That's enough. … I'm not a chicken!"

In French, "chicken" can be a derogatory term for a woman. THE ASSOCIATED PRESS

Bosnia

Second mass grave site found

Bosnian authorities say they have found a second mass grave near one they have been working on and from which they have so far excavated the remains of about 130 Bosniaks and Croats killed during the 1992-95 war.

The prosecutor's office said Wednesday teams will now work on both graves and that according to available evidence, the bodies found so far belong to non-Serbs killed in and around the northwestern town of Prijedor in 1992.

Some 1,200 Bosniaks and Croats are still missing from the area of Prijedor.
THE ASSOCIATED PRESS

Haiti

Group sues UN over deadly cholera outbreak

Human rights groups on Wednesday filed a lawsuit blaming the UN for a cholera outbreak that killed thousands of Haitians as lawyers seeking compensation for victims and clean water and sanitation for the Caribbean country stepped up efforts to force the world body to confront the tragedy.

The lawsuit in federal court in Manhattan sought class-action status to pursue relief for what it described as an epidemic that has killed more than 8,300 people, sickened more than 650,000 and continues to kill about 1,000 Haitians annually. THE ASSOCIATED PRESS

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Gay Mountie from B.C. on the front lines of teen bullying

RCMP. Tad Milmine talks to kids in schools across Canada; one in seven Canadian children 11 to 16 are bullied: 2004 study

Carol Todd holds a photograph of her late daughter Amanda Todd signed by U.S. singer Demi Lovato. DARRYL DYCK/THE CANADIAN PRESS

When Tad Milmine walks into a classroom, students don't know anything about him.

They don't know he's an RCMP officer. They don't know he's gay. They don't know he's been bullied and abused.

But within minutes, students know he's there for them, especially in their darkest, most vulnerable moments, Milmine said.

He speaks to them through the spirits of Ontario's Jamie Hubley, Nova Scotia's Rehtaeh Parsons and British Columbia's Amanda Todd — all teen suicide victims mercilessly bullied by their peers before killing themselves. Todd died one year ago Thursday.

"I'm up there, just a guy named Tad," said the Surrey, B.C., RCMP officer. Milmine started talking to students across Canada last October. When he visits a school he gets messages from up to 25 per cent of the students.

THE CANADIAN PRESS

Bullying

Constant vigilance required

Amanda Todd's mother, Carol Todd, said over the past year she's realized that confronting the issues of teen bullying and suicide goes beyond laws, websites and school programs. The issue requires constant vigilance by authorities, teachers, parents and young people themselves.

Nova Scotia's Cyber-Safety Act, introduced in April, includes the creation of an investigative unit dedicated to pursuing and penalizing cyberbullies. THE CANADIAN PRESS

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BlackBerry Z30

Social media got this change

Rogers Communications says loyal BlackBerry smartphone users have spoken.

The firm said Wednesday it has reversed its decision not to sell the upcoming BlackBerry Z30 smartphone due to a strong response from its customers — particularly on social media.

THE CANADIAN PRESS

Animation

Pixar shuts its Vancouver shop

Computer animation giant Pixar has shut down its Canadian operation in Vancouver, leaving about 100 employees out of work.

Pixar publicist Chris Wiggum says the company decided to focus its efforts under one roof at the company's Emeryville, Calif., location.

The Vancouver studio opened in 2010, creating short films such as Air Mater, Small Fry and Partysaurus Rex.

THE CANADIAN PRESS

One cool window cleaner

Window cleaner Mitch Logan washes the windows of Young Tower in Halifax dressed as Spiderman on Wednesday afternoon. Logan, who will be back working in costume on Thursday, said he was dressed up as Spiderman for charity.

JEFF HARPER/METRO IN HALIFAX

Two Canadians trapped in Egypt release video

'Ordeal's not over.'
Still under 'active investigation,' only a judge can decide when they fly home

Filmmaker John Greyson and physician Tarek Loubani in a video they released Wednesday. YOUTUBE SCREEN GRAB

Two Canadians who remain trapped in Egypt after being released from jail have made their first appearance in an online video.

Filmmaker John Greyson and physician Tarek Loubani, who were detained for seven weeks in Cairo, appear healthy and upbeat as they speak in the 66-second video posted Wednesday to YouTube. Greyson said in the video that while the "ordeal's not over" it was time for the pair to say "hi" to those who supported them. It's not clear when Egypt will allow them to fly home. An official said the men remain under investigation, and it's up to a judge when they are free. THE CANADIAN PRESS

Russia gets tough with little Netherlands

Maarten Huiskamp cuts a piece of Dutch cheese in De Kaaskamer store in Amsterdam, Wednesday. The Netherlands has apologized after a diplomatic spat over the arrest and detention of a Russian diplomat by police in The Hague, but relations between the countries are soured. Russian news agencies said that a delegation inspecting Dutch cheese facilities is not satisfied with the quality of the product. PETER DEJONG/THE ASSOCIATED PRESS

Utah

Nature calling?

A Utah man has been sentenced to seven days in jail after a high-speed chase that he blamed on a bathroom emergency. Jeffrey Laub, 39, told a judge that he was racing to get to a toilet as he was chased by cops at 178 km/h. THE ASSOCIATED PRESS

Kuwait

Jail for insulting the emir

Kuwait newspapers say a court has sentenced an online activist to two years in jail for insulting the nation's ruler. It is the first case since a blanket pardon for similar offences last summer. THE ASSOCIATED PRESS

Utica, N.Y.

Sounded like a puppy in distress

A frantic effort to save what was believed to be a puppy trapped in an upstate New York City's sewer system has a happy ending. There was no trapped pup, just a sewer system that sounded like one. THE ASSOCIATED PRESS

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Where's the remote? It's on Twitter ... in a unique new TV, movie link-up

Tweet this: Twitter and Comcast have signed a partnership that will let viewers access TV shows and buy movie tickets directly from a tweet.

The development deepens the messaging service's ties to television programming.

Twitter Inc. and Comcast Corp. said Wednesday a new feature that's part of the deal will let customers of Comcast's Xfinify TV service tune in to programs by clicking a "see it" button in a tweet.

Comcast CEO Brian Roberts called it "an instant online remote control."

The Sept. 29 finale of Breaking Bad generated a record 1.24 million tweets. AMC/THE ASSOCIATED PRESS

The button will allow Twitter users to set DVRs, tune in to shows online, on TV or on mobile devices.

THE ASSOCIATED PRESS

Market Minute

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Natural gas: $3.68 US (-4¢)
Dow Jones: 14,802.98 (+26.45)

Teen safety: It's a 'like' for Facebook managers

A cry for help? There are surefire ways the online social networking site can come to your aid

JESSICA SMITH
Metro in Toronto

Teens have a different Facebook than the rest of us.

Their profiles aren't searchable through Google, their default settings are more private and they only show up in Facebook's new Graph Search to their "friends of friends" network.

It's all about teen safety.

Facebook Canada invited reporters Wednesday to learn more about how the social network deals with that topic.

Facebook's manager of privacy and safety Nicky Jackson said the company chooses to give teens — kids are supposed to be at least 13 to be on the site — autonomy, in part because young people tend to go to Facebook to talk about things they can't tell their parents about, such as violence in their home or coming out as LGBT.

Facebook tries to give them a safe environment to communicate, she said.

Jackson explained the different ways a user can ask for help.

There are built-in mechanisms for reporting bullying to a trusted adult and to Facebook operators who can remove the bullying post.

And there are mechanisms for reporting crises such as suicide attempts to emergency services.

Teen safety and privacy has been a controversial subject for Facebook.

Just recently ads for a dating site appeared on Facebook featuring the photos of Halifax teen Rehtaeh Parsons, who died by suicide after bullying and an alleged sexual assault.

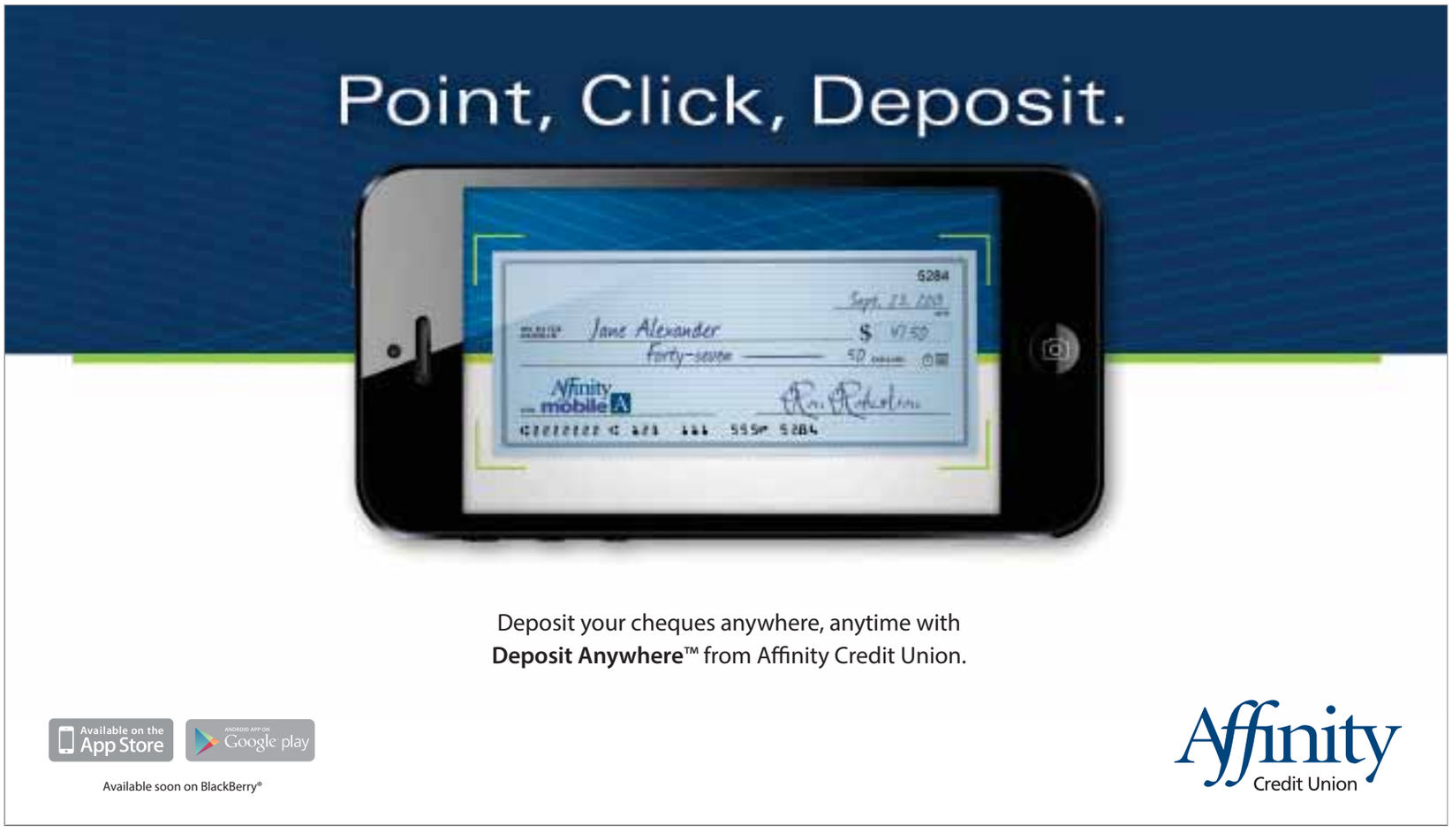
The advertiser found Parsons' photos from a search engine and used them directly in the ad.

Facebook took down the ads and banned the advertiser, but didn't change its policies relating to approving ads, said Jackson.

Quoted

"There's a lot of misunderstanding. And we get it — you want to understand how your image is being used."
Nicky Jackson, Facebook exec.

Facebook wants to provide a safe environment. CHRIS JACKSON/GETTY IMAGES



NOBEL PRIZE WINNERS SHOULD GET TO TWERK

HE SAYS

John Mazerolle
metronews.ca

I sometimes wish I lived in a world where Nobel Prize week was as popular as Shark Week.

Alas, I live here. So while I might be excited to see people take home Nobel Prizes in physics or medicine or chemistry, I know it won't get the public nearly so excited as footage of any of those people being eaten by a hammerhead.

I've considered the potential of some reality TV glitz — each prize presented by Miley Cyrus, say, licking the medal like it's chocolate wrapped in foil. Or the winners making public phone calls to childhood bullies so they can boast they've won a million dollars (as well as a large chocolate medallion and a chance to meet Hannah Montana.)

But, really, we shouldn't have to glitz it up at all. A Nobel Prize, after all, is one of the most respected awards in all of humankind, second only to The Daytime Emmy Awards. To illustrate, here's a timeline (of the Nobels, not the Emmys).

1888: Alfred Nobel, butler for reclusive billionaire Bruce Wayne and the inventor of dynamite, is shocked to read his own obituary in a French newspaper, which dubs Nobel "the merchant of death." In response, he creates the Nobel Prize so that he might be remembered more fondly, then has his critics blown up with dynamite.

1901: Wilhelm Conrad Rontgen becomes the first person to win a Nobel Prize for physics when he discovers X-rays, using the $1.2 million prize to buy a hundred years' worth of X-ray Glasses ads in the back of Archie comics.

1911: Marie Skłodowska-Curie wins a Nobel Prize for chemistry. The Curie family wins five Nobel Prizes in total, earning them the nickname "the Sutter family of the Nobel Prize world" among those who are huge fans of both the Nobel Prize and the NHL.

1953: Physicist Frederik Zernike wins for his invention of the phase contrast microscope, earning the scorn of his fellow physicists who had all made some pretty cool papier-mâché volcanoes that erupt when you add baking soda.

1965: The awards show institutes an annual memorial reel — showing all those who have died in science, for science and because of science — which runs about 11 days.

1973: Chemists Stanford Moore and William H. Stein win for their research showing that the Maxipad on the left soaks up far more blue liquid than the other guy's sanitary napkin on the right.

1992: The Nobel Prize for Swimsuit Competition is discontinued after complaints from women's groups that the winner is always Swedish.

2007: After years of snubs, Martin Scorsese finally wins a Nobel Prize for his physics work, which provided a mechanism to explain the typical blood spatter pattern on gangsters' pinstripe suits.

2009: U.S. President Barack Obama's selection as winner of the Nobel Peace Prize stirs controversy, especially after he declines the invitation to come to Oslo and has a drone pick it up on his behalf.

As you can see, the Nobels have a colourful and even controversial history that should get people just as excited as any version of Jaws, whether a great white's or Miley Cyrus's. The beauty of science and the nobility of the human spirit should be enough to attract eyeballs.

Or, what the hell, just get Robin Thicke and Miley Cyrus to host and call the damn thing the Nobelz, if more people will watch. The Discovery Channel used to be a science station, after all.

How's that for blurred lines?

ZOOM

You said they're extinct?

ALEJANDRO ARTEAGA/TROPICAL HERPING

Your nose is going to grow

Pinocchio lizard fools us by reappearing

It's no tall tale that the aptly named Pinocchio lizard — once thought to be extinct — has been caught on camera in Ecuador. The Anolis Pinocchio has only been sighted on three occasions since 2005.

After a three-year search, a team of photographers and researchers found the creature. METRO

Once thought to be a 'mythological creature'

"Finding the Pinocchio anole was like discovering a secret, a deeply held secret," said photographer Alejandro Arteaga. "We conceived it for years to be a mythological creature."

It was first discovered in 1953 but disappeared for forty years, only to be rediscovered in 2005 by birdwatchers. METRO

The nose knows

- The lizard was named after the children's character Pinocchio.
- It was found in the cloud-forest of Mindo, Ecuador.
- Its nose is incredibly flexible and it's not believed to be used for mating or battling rival males. But, its exact purpose is not known.

Where to find Pinocchio

1,530

The height in metres above seal level that the Pinocchio anole lives.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's a long weekend coming up, which means you might find yourself doing a little travelling. So please a) stay safe and b) check out these games you can carry in your pocket to help while away the hours.

CONTRIBUTED

Naughty Bricks :

If the similarity between this title and another massively successful app starring cartoons with an unpleasant disposition raises your eyebrow, said eyebrow has a point. While Bricks isn't an Angry Birds clone, per se, it's close enough — giving you one physics-based shot at flinging the sun into a cluster of wisecracking bricks that are heading toward Earth. (iOS, Android/$1.99)

The Cave:

More than just the titular location, The Cave is also the titular character narrating a puzzle-solving adventure game from the creator of the Monkey Island series. The setting can be dark but beautifully clever writing — especially the snarky Cave narrator — should keep you smirking as you deal with monsters and hazards. The small screen can make for problematic controls, but we're used to that by now. (iOS/$4.99)

X-Type:

We're fudging a bit here, since this isn't an app art all. Instead, simply plug photoslab.org/xtype into your browser and you'll be served up with a twin-stick space shooter. So blast as many menacing space threats as possible while this is still fresh, because it's your only chance to get on the leaderboard before the hardcore shows up.

Comments

RE: Hockey Canada Unveils Olympic Hockey Jerseys, published Oct. 8

How about not trying to fix what's not broken?

A slight alteration I can live with, but this is just lazy and ugly.

Probably designed by the same people that thought those yellow jerseys were a good idea ... The red and white ones look like novelty jerseys I would buy at Petro Canada with my gas points. The black one looks like a sweatshirt I'd buy at Roots. They dropped the ball (or puck) with these.

Chris posted to metronews.ca

Nice practice jerseys! Did hockey Canada run out of money for real ones?

DaN posted to metronews.ca

The first thing I thought of when I looked at the picture was, Petro Canada is going to love this!

GW posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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SCENE 2

Is this Funeral Song a cure for the Afterlife Blues?

Fast Romantics. Band releases second LP and gears up for a 30-city tour through North America

BACKSTAGE PASS
Alyssa McDonald
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The Fast Romantics play The German Club on Oct. 16. JERICK COLLANTES

After three years, countless recording sessions and one newly released album, indie-rock band Fast Romantics is ready for their largest tour to date.

The five-piece band released their second full-length album Afterlife Blues on Tuesday and lead singer/songwriter Matthew Angus says they are excited to show off their newly developed sound.

"We felt like we weren't being ourselves on the last record and this time we really feel like we are," Angus told Metro from Toronto, where the band relocated from Calgary in 2010. "For us, it's our first complete project that we are actually quite happy with," added bassist and founding member Jeffrey Lewis.

Angus referred to their debut full-length album Kidcutters as "almost a little too candy (sounding)" and says the band really tried to focus on the writing behind the songs. Working again with producer Howard Redekopp, who is known for his work with Tegan and Sara, Hannah Georgas and produced Kidcutters in 2010, they recorded the album in two sittings and have already released their first single Funeral Song.

"We really didn't think too hard about how it was going to sound," said Angus. "We just decided we were going to write really good songs."

Despite knocking over a candle in the 150-year-old church while filming — everyone and everything ended up being safe — the group released their first video for the single Funeral Song in advance of the album.

"When you have a song called Funeral Song there is a lot of dangerously cheesy and awful things you could do… it was pretty tongue-and-cheek while still being respectful that you are in a 150-year-old church," said Angus.

The band, whose music has reached the soundtracks of TV shows such as Shameless, Vampire Diaries and Pretty Little Liars, will play roughly 30 shows across North America for their new tour with stops in their hometown Calgary before moving down the west coast to Los Angeles and looping around eastern cities like New York City, Montreal and Halifax.

"It's going to be awesome… as long as our livers can handle it by the end of seven weeks," said Lewis.

"We are all eager to get out, play for people and just be completely immersed in music," Angus added.

This will also be the first major tour for Shane O'Keeffe and Lauren Heron, two Aussie ex-pats who joined the band — which also includes founding member and drummer Alan Reain — two years ago.

The band will be playing The German Club in Regina on Wednesday, Oct. 16.

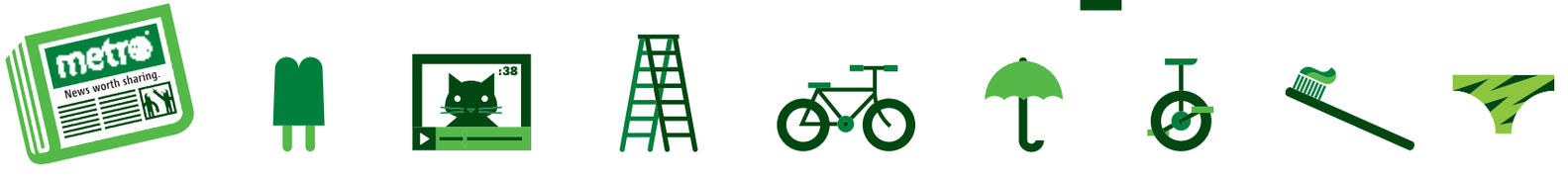
"We like to make it about a party and having a good time — somehow getting people off at the end of the day is important," said Angus. "If they are going to come to your show, you have to give them a reason to be glad they did."

Quoted

"We are all eager to get out, play for people and just be completely immersed in music."

Fast Romantics lead singer Matthew Angus

Sharability



Writer can't get enough of the star-cross'd lovers

Romeo and Juliet. Julian Fellowes says he's fascinated by young, pure love — the kind that takes over your life

NED EHRBAR
Metro World News in Hollywood

Romeo and Juliet opens Friday. CONTRIBUTED

Between what he's put the couples through on Downton Abbey and now taking on Romeo and Juliet, you'd be forgiven for assuming writer Julian Fellowes is more than a little obsessed with doomed, tragic love. And he'd admit you're onto something — but it's not his fault, he swears.

"This whole business of love ending in death, I grew up on it," he says.

"I mean, you remember those songs — Tell Laura I Love Her and Leader of the Pack and Terry — they were all ending up with the guy dying on the motorbike or being smashed in the car race or whatever. And that was really my adolescent culture. So in a way I got there before Twilight."

But early exposure to pop music aside, Fellowes insists he's just giving audiences what they really, really want.

"There is something about the ultimate sacrifice to preserve your love, which is completely pure and takes over your life, that we all find very appealing — perhaps because it's a sort of ideal that most of us don't live up to," he says of the enduring appeal of Shakespeare's romantic tragedy.

"There is a moment in some incredibly unhappy pursuit where most of us think, 'Oh, the hell with it' and then we just go home. But what we love about these lovers is that they don't think that.

"They go all the way and in the end they would rather die than be apart. It somehow chimes with the memory of first love and early love, which we've all been through."

And when he says "we all," he's including himself in that equation.

"These stories — and Romeo more than any other — take us back into that emotion," he says.

"And I suppose I respond to that as much as anyone else does, really. Odd as it may seem looking at this porky old fellow, bald and fat, once inside there was a lover."

That does leave one nagging question, though: With so many previous adaptations of the Bard's love story — and especially with Franco Zeffirelli's definitive 1968 edition and Baz Luhrmann's more experimental 1996 entry — why does the world need yet another?

"There are certain stories that won't die, and they just continually get reinvented," Fellowes explains.

"Sometimes (Romeo and Juliet has) been turned into modern musicals about the back streets of New York or it's been made modern and set in an ice rink or it's in an underground garage or everyone's in Nazi uniforms.

"But the point is we keep going back to it. And I think the reason we go back to it is that it touches something at our very core.

"And that's why it seemed right to give this generation their own Romeo and Juliet and not constantly get out a fuzzy VHS of Zeffirelli's."

Wherefore art thou Romeo?

"There is something about the ultimate sacrifice to preserve your love, which is completely pure and takes over your life, that we all find very appealing..."

Julian Fellowes on the enduring appeal of Romeo and Juliet

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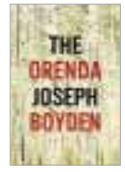
1. DOCTOR SLEEP Stephen King
Haunted by the inhabitants of the Overlook Hotel where he spent one horrific childhood winter, an adult Danny Torrance has now become Doctor Sleep – and finds himself being pulled into an epic war between good and evil.
Last Week: 1 / Weeks on List: 3



2. THE ORENDA Joseph Boyden
Giller Prize winner Joseph Boyden returns with a visceral portrait of life at a crossroads in his masterpiece of Canadian historical fiction, *The Orenda*.
Last Week: 2 / Weeks on List: 5

This Week		Last Week	Weeks on List
3.	THE LONGEST RIDE Nicholas Sparks	3	4
4.	A HOUSE IN THE SKY Amanda Lindhout and Sara Corbett	6	6
5.	THE SILENT WIFE A.S.A Harrison	4	7
6.	MADDADDAM Margaret Atwood	7	7
7.	GRAIN BRAIN David Perlmutter	5	4
8.	KILLING JESUS Bill O'Reilly	14	3
9.	GONE James Patterson	19	2
10.	STEVE JOBS Walter Isaacson	8	5
11.	THE CASUAL VACANCY J.K. Rowling	10	12
12.	INFERNO Dan Brown	11	20
13.	BREAK OUT! Joel Osteen	17	2
14.	THE SIGNATURE OF ALL THINGS Elizabeth Gilbert	20	2
15.	ONE SUMMER Bill Bryson	18	2
16.	TIME NOW FOR THE VINYL CAFE STORY EXCHANGE Stuart McLean	12	4
17.	BLOOD Lawrence Hill	15	2
★ 18.	THE CIRCLE Dave Eggers	-	1
★ 19.	A NATION WORTH RANTING ABOUT Rick Mercer	-	1
★ 20.	MY STORY Elizabeth Smart	-	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending October 14th
★ New this week

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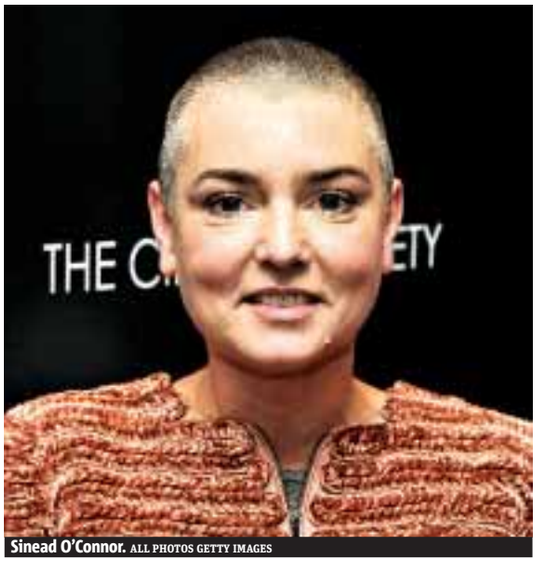


Sinead O'Connor. ALL PHOTOS GETTY IMAGES

Sinead writes another letter, now the Wrecking Ball's in Miley's court

After Sinead O'Connor's third open letter to Miley Cyrus, the Wrecking Ball singer dismissed the Irish entertainer with, "You can write as many open letters as you want."

Well, be careful what you wish for. O'Connor has released her fourth open letter to Cyrus.

"You've said on Matt Lauer's show — where you again refer to me as 'crazy' — that you don't understand why I have been upset with you. I find that hard to understand, frankly, since you're clearly very far from being a stupid woman," O'Connor writes.

"I would very much like you please to apologize to myself and Amanda Bynes for having perpetuated abuse of both of us. … I'd find it hard to believe someone so young could be that calculatedly evil to anyone, never mind someone who did absolutely nothing to deserve such abuse. I have no interest in the 'feud' which media want."

I guess the Wrecking Ball's in your court, Miley.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Wait, so Bow Wow doesn't want to marry me?

THE WORD
Melinda Taub
scene@metronews.ca

The American economy has gone to crap. Their government can't function. Global warming is going to destroy us all.

But look on the bright side. At least we live in an era when catfishing exists.

I realize that is a terribly callous thing to say. Being catfished no doubt feels awful. I don't care. This makes me really happy.

So here's the deal. On this week's Catfish, an astute young woman named Keyonnah began an online relationship with rapper Bow Wow. He refused to video chat with her, but they exchanged text messages and he sent her $10,000 in gifts. But — shocker — the man who refused to meet her in person was actually not a famous rapper, but a woman named Dee who liked to lure straight chicks using Bow Wow's likeness because she "liked a challenge."

The best part of this, however, is that Bow Wow himself is super into it.

"I feel honoured," he said in a reaction video posted by his BET show 106 & Park. "It's dope and it's fly when someone wants to be you. And not only they wanna be you, in their mind they are you. That's crazy. But I like it. It's free promo for myself."

Bow Wow went on to invite both Dee and Keyonnah to come hang out with him, which is probably a much happier ending than catfishings usually have.

Daniel Radcliffe

His wand is out again — you're right Daniel, these headlines are easy

Daniel Radcliffe is not surprised about the reaction his steamy same-sex love scene in Kill Your Darlings is getting.

"It's quite an easy headline, I guess particularly for British papers. There's a lot of jokes to be made," he tells Katie Couric in an interview. But he does think it's a bit out of proportion considering his previous work.

"There was full-frontal nudity" in the stage production of Equus, he points out, "and I played a boy who had a sort of sexual-religious fascination with a horse. So the fact that this is getting more attention, it's kind of interesting."

Owen Wilson

Wilson to father his trainer's baby

Owen Wilson is reportedly becoming a father for the second time — but this time with his personal trainer, who recently filed for divorce, according to the National Enquirer.

Trainer Caroline Lindqvist has reportedly been separated from her husband, plastic surgeon Ritu Chopra, for more than a year but did not file for divorce until learning she was carrying Wilson's child.

Value Village

Check out **valuevillage.com** for even more great ideas plus DIY costume how-tos!

#thriftortreat

Lost outside the fashion loop?

Let's give you something to talk about. From leaked looks to high-profile hissy fits, we've got you covered for behind-the-catwalk conversation starters

ALICE TATE
Metro World News

The shows, the parties, the running in heels — we know fashion month is a crazy one. If you're anything like us, you're now a good few weeks behind on industry gossip, mile deep in emails, and are quickly losing your rep as the most clued in employee on your floor, right?

Saving you the trouble of calling in a backlog of glossies, or trawling Google for days, we've rounded up the biggest, buzziest news blasts you might have missed over the month that was, for you to scroll, study, and slip flawlessly into conversation. There, reputation saved. (We just can't do anything for your social life.)

Rihanna's second collection for River Island has shone bright like a diamond since Sept. 12. CONTRIBUTED

Sept. 6
Alexa Chung launches her book, It
Our favourite clothes horse and It-girl released her first book, aptly titled, It. A new day, a new line on the CV, right Alexa?

Sept. 10
Givenchy launches app
The Italian luxury label is getting down with the kids and going all techy on us. Givenchy unveiled their new app, which gives us all a deeper insight into the brand, its values, and ahem, its stellar e-commerce abilities.

Kanye's ignited a feud with everyone else. Why not include the fashion industry? CONTRIBUTED

A handful of style editors got to know each other a little better after getting stuck in an elevator post-Philosophy show. CONTRIBUTED

Sept. 11
Editors had to climb out of an elevator after the Philosophy show
First they ran to get to the show on time, and then 50 intrepid editors had to climb out of the elevator after it got stuck between floors. Who knew New York Fashion Week was such a workout?

Sept. 12
Rihanna's second collection for River Island dropped
The singer, who can't help but make news, made more during New York Fashion Week. Her second collection for River Island dropped. Celebrating in true RiRi style, the singer hosted a bash with party pal Cara Delevingne in tow.

Sept. 18
Net-A-Porter launch ethical collection
The luxury retailer's Green Carpet Challenge gave your favourite British designers (Burberry, Christopher Kane, Victoria Beckham, and so on) the task of creating a "green" dress, of which profits were donated to The Global Fund to help fight malaria. For us, it means we can buy designer wares and be kind to the world. Thanks, Net-A-Porter.

Sept. 19
Kate Moss says yes to Playboy
After years of "will she or won't she" speculation, the final decision is … she will. Yup, Mrs. Moss will grace the cover of the iconic men's magazine for her 40th birthday, and the magazine's 60th anniversary. Some get presents, others get nude.

Sept. 25
Kanye West shouted off about fashion
Controversy and Kanye go hand in hand. During Paris Fashion Week, the rapper took to the Radio1 airwaves to voice his frustrations with fashion, specifically Hedi Slimane. And he didn't hold back.

It's been a long time coming, but Kate's finally ready to strike a Playboy pose. CONTRIBUTED

Sept. 25
Isabel Marant X H&M look-book Leaked
Great news for us, bad news for H&M. A sneaky mole leaked the much-anticipated Isabel Marant X H&M lookbook, giving us a tease of what we can expect when it hits shelves on Nov. 14. As anticipated, there's fringing, skinny jeans and oversized slouchy cardigans.

Sept. 25
Sofia Coppola decorated the windows at Bon Marché
In case you needed an excuse to love Sofia Coppola even more, here's one: she jazzed up the windows of Parisian department store, Bon Marché with oodles of Louis Vuitton. Did she do a good job? We'll let the adorable Bambi leaping through neon love hearts holding a mini LV speak for itself.

Sept. 26
Louis Vuitton tapped David Bowie for coming campaign
Ziggy Stardust fans, get excited. The luxury French brand tapped the iconic '80s star for their second instalment of the L'Invitation au Voyage campaign.

Twitter

JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

At #nuitblanche #snbto feeling the artsy groove! @inspirednight Bay+Adelaide

More billboards? Can't wait to be honoured at the @adsumfor women dinner, Oct 23 in #halifax.

Trends Report

- With the winter months just around the corner, your skin is bound to need a bit more TLC from the cold harsh winds. Go online to Trends Report and meet Michelle Lee, creator of MaskerAide and learn about sheet mask therapy, and how it can help unmask your most beautiful skin.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

Canadian street style

Spotted in: Toronto

Laura
Photographer

What she's wearing
Tights, scarf and yellow knee highs from Free People, Zara sweater, purse from Little Burgundy, Sugarbebe black dress, and Expression boots from Hudson Bay.

Her inspiration
"Nature. My surroundings affect my style… my wardrobe mostly consists of earth tones."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

ELLE

The art of hanging pictures

Wonder walls. Part 3 of a series on living room decor will help you get a handle on framing and hanging artwork

Part 4

Next week: Choosing the right accessories for the living room.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In this four-part series, we're serving up some lessons to help get your living room looking fabulous just in time for upcoming holiday parties. This week we'll cover how to avoid getting hung up on artwork. Knowing the rules will help you create beautiful living room walls.

Hanging

• If you're hanging art over a large piece of furniture such as a sofa or low cabinet, fill a distance two-thirds the width of the furniture with art, and hang the art 10 to 16 inches from the top of the furniture.
• When hanging art on a wall that has no furniture in front of it, the middle of the art should be 66 to 72 inches from the floor.
• The lower you hang your artwork, the higher your ceilings will appear — a great trick in a room with standard eight-foot ceilings.
• Always hang art in relationship to the floor, not the height of your ceilings. Higher ceilings don't mean you hang your artwork higher.

Arranging

• Many little pieces of art can be grouped together to create the effect of a large piece of art.
• When grouping pieces to fill a wall, start by placing the largest piece in the middle and work outward to the smallest.
• A grouping of art scattered down a hallway can act as lighting if each piece has a picture light hung over it.

Style

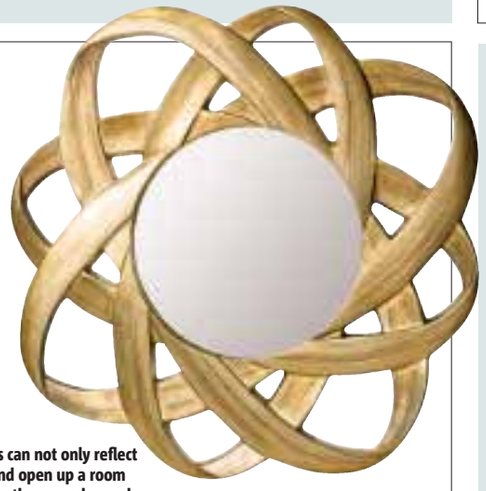
• If you're framing a variety of art so it coordinates in a room, use frames with similar colours or tones. Not all the frames have to be the same style, but they should share similar finishes such as gold, dark wood, white and so on.
• Mixing styles of artwork is a nice way to create an eclectic balance. Use the two-thirds-one- third rule — that is, use two-thirds of your preferred style, one-third of an alternative style.
• Not sure what type of art will look nice in your living room? Look at the style of your area rug; if the colours are rich then an oil painting might match nicely. If your area rug has a modern, monochromatic style then black and white photo art will match well.

Cost

• Art is very subjective; an inherited portrait of grandma could be digitally revamped into something Warhol-esque and cost you virtually nothing.
• The best sources for great art on the cheap? Estate sales, art fairs, art school yearly sales and pieces you make yourself.
• A good piece of art should cost twice as much as your sofa — a guideline that will help when budgeting your decor for the living room.

The size of art should measure about two-thirds the width of the furniture it sits above. COURTESY CRATE & BARREL

Many small pieces of art grouped together can be a great alternative to one large piece. COURTESY CRATE & BARREL



Mirrors can not only reflect light and open up a room visually, they can also replace artwork as sculptural wall decor. Constellation Mirror, $249, UrbanBarn.com.
COURTESY URBAN BARN

Art can help create a unique focal point for a room. Paris Window View Tapestry, $59 US, urbanoutfitters.com. COURTESY URBANOUTFITTERS

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Above prices include house, lot, GST, connection fees & piles. Images are artist renditions and are subject to change.

metro

HOME RENOS

Thursday, October 10, 2013

A renovation is an investment, and the decisions you make, large and small, will have an effect on the value, and your enjoyment, of your home for a long time. SYDA PRODUCTIONS/COLOURBOX

Successful reno takes planning

Renovate with confidence — plan for success. The suggestions below, offered by the Canadian Renovators' Council of the Canadian Home Builders' Association, will set you well on your way to a home renovation that is done right.

Know what you want

A renovation is an investment, and the decisions you make, large and small, will have an effect on the value, and your enjoyment, of your home for a long time. Take the time to explore the possibilities and develop a detailed plan.

Get professional advice

Renovation professionals have a wealth of experience and can advise you on budgets, work with you to develop the right design and help you choose appropriate products and materials. If you opt to do the design work as a separate first step, a designer can also prepare a firm plan for you to get bids for the actual work. Alternatively, you may wish to hire a design/build renovator to look after all facets of your project.

Set a realistic budget

The cost of finishing products varies tremendously. Special trades may be required for tasks such as rerouting plumbing and wiring. There may be costs for waste disposal. And so on.

Set realistic time frames

Not surprisingly, homeowners can underestimate the time it takes to do a renovation, not recognizing the number of steps involved in a project. For example, a simple bathroom makeover can take weeks since it involves many different tasks that must be done in the right order, and a number of different trades that must be co-ordinated.

You can't rush quality

Discuss the timelines for your project with your renovator and any concerns you may have about the scheduling. Be prepared to accept that it may take longer than you initially thought, to get the work done right and to your lasting satisfaction.

Hire for value, not price

If you invite bids from a number of companies, it may be tempting to go for the lowest price, but you need to consider the implications. Does the renovator understand what's involved in the project? Will you get the quality you expect, or will the renovator cut corners to stay within the budget? Will you be hit with extra charges for items that other contractors included in their bids? Sometimes the lowest price bid ends up costing the most.

Be a knowledgeable client

It is your home, your project and your investment. It's vital that you are comfortable with the renovation process and understand what is going on. And never hesitate to ask questions or bring up any concern you may have.

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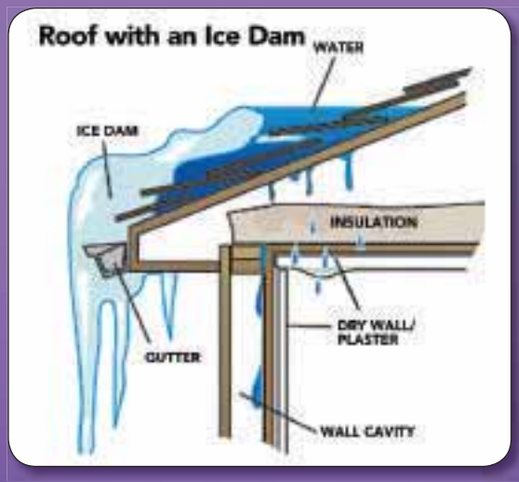

An ice dam can occur when snow accumulates on the roof of a house with inadequate insulation. Heat conducted through the insufficient insulation warms the roof and melts the snow on those areas of the roof that are above living spaces, but does not melt the snow on roof overhangs. Eventually, ice accumulates along the eave and in the gutter. Snow that melts later cannot drain properly through the ice on the eave and in the gutter, resulting in leaks which lead to damaged ceilings, walls, roof structures and insulation. There is no better time to protect your home.

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Products and materials can have a big impact on the overall quality of the job and your satisfaction. COLOURBOX

Don't settle for inferior products

One of the exciting aspects of renovating your home is choosing the materials and products that go into it. From bathroom fixtures to flooring to mechanical systems, the marketplace offers great choice, quality, affordability and value. However, there are also inferior products out there, and at first glance, it can be difficult to tell the difference.

The products and materials used in your renovation can have a big impact on the overall quality of the job and your satisfaction.

When you buy a brand name product made by a respected, well-known company, you know you can trust the quality. Brand name manufacturers invest significantly in research and development to bring new, improved products to the market. They stand behind their products with a warranty and after-sales service. As well, they offer training and installation assistance to new home builders and renovators.

There are standards for many products used in home renovation. Some standards are mandatory and may be referenced in building codes. Other standards are voluntary. Manufacturers of quality products make sure their products are tested and certified, whether required or not.

Testing and certification are done by the Canadian Standards Association (CSA), Underwriters Laboratories of Canada (ULC), and other similar agencies. Look for symbols of these agencies when you shop, get advice from your renovator, and go online for more information. If a product doesn't indicate that it meets any standard, you have no way of knowing how well it will perform, or how long it will last.

A product may claim to be "green" and offer some kind of environmental benefit. Unless the manufacturer backs up the claim with solid, verifiable information, preferably from a third party, you can't know if you are getting what you expect.

Don't hesitate to ask tough questions of suppliers and retailers, and demand detailed information to substantiate a green claim, before you choose a product based on its environmental attributes.

CANADIAN HOME BUILDERS' ASSOCIATION

Guide can help cut expenses

The Homeowners' Guide to Green Renovation brochure (available at chba.ca) helps you to think "green" when you plan to make changes to your home.

A green renovation will reduce your impact on the environment, and provide a more healthy and comfortable living space for you and your family, as well as lower monthly operating costs and increased value.

The brochure is a good starting point for your project. It outlines the three steps to greening your renovation plan: Increasing the energy and water efficiency of your home; ensuring clean indoor air; and choosing resource-smart materials and products.

By far the most important step is saving energy and water. Decisions you make today will have a big impact on the environment, and your wallet, for many years to come.

CANADIAN HOME BUILDERS' ASSOCIATION

Design. Create a harmonious environment

Good design is an integral part of a successful renovation. It adds to the functionality of your home, increases your enjoyment, and gives you the best value for your investment. In other words, design can make a big difference.

The aim of good design is to create a harmonious environment of practical, common sense elements that enhance your life — a living environment that looks, feels and works well.

It always begins with function. Only when the function of a room has been clearly defined, can you begin to develop the space. That's why designers will often ask homeowners to spend time thinking through, sometimes in minute detail, how they use or wish to use a specific area. This is particularly important for a kitchen renovation to ensure the proper configuration of working and storage areas, lighting, and so on.

It is helpful to define your style right at the start. For instance, are you traditional, French country, urban chic or something else? You may not have a label for your own style, but what are your preferences? Before consulting with professionals, create a portfolio of designs, products and materials that you like — photos, brochures, samples, etc. This will help both you and them to zero in on the right style and details.

Every project is different, but renovation experts agree there are a number of design considerations that apply generally to renovations.

- Room sizing. Draw your furniture (scaled proportionately) right on the plan — does the room seem too crowded now?
- Traffic flow. How does your family move around in the house, in and out of rooms, from one area to another? Are there awkward or "dead" areas?
- Lighting. Lighting plays a big role in setting the mood in your home and accenting features of a room. Use a combination of fixtures to create different effects — pot lights, wall sconces, chandeliers.

To get the best out of your design, think through all other elements of your renovation, from windows and doors to stairs and railings. Always consider function, style, placement and compatibility with surroundings.

CANADIAN HOME BUILDERS' ASSOCIATION

Renovations, such as painting, are an opportunity to protect your investment and enhance the value of your home. VIACHESLAV/COLOURBOX

Enhance value of your home

Your home is likely the most valuable asset you own. Your decision to renovate it may be driven by your lifestyle and a personal desire to upgrade. At the same time, renovation is an opportunity to protect your investment and enhance the value of your home.

First, to protect your asset, start with the basics.

Ongoing maintenance prevents the deterioration of a home and its value. As part of your renovation planning, do a thorough inspection of your home or hire someone to do it.

General wear and tear is often inexpensive to deal with, but can make a big difference to the appearance and appeal of your home. Components, from roofing shingles to furnaces, must be replaced at the end of their lifespan.

It's crucial to eliminate problems that can damage your home. Moisture problems, for instance, that can also be detrimental to your health, should be dealt with before or at the same time as your renovation, not postponed to later. Cracks in the foundation or brick walls, loose siding, missing mortar, sagging floors or other issues that have developed over time should be attended to, before they create more serious problems.

Next, there are a number of ways you can maximize the value of your renovation investment.

Increasing the energy- and water-use efficiency of your home has both immediate and long-term payoffs. You will start saving money on your utility bills as soon as the new systems have been installed, while federal and/or provincial grants may help to offset your cost.

While taste is personal, a well-designed renovation will add greater appeal and value to your home. Spatial considerations are key — layout, traffic flow, visual flow from one area to another, size of rooms and ease of furnishing them, tying new construction seamlessly with the existing home, and so on. Trends come and go — you may want to choose features and finishings with lasting appeal, instead of the latest, hottest items.

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Fusilli or rotini? Shrimp and clams or halibut? Choose your ingredients

Seafood Tomato Sauce over Fusilli with Fennel

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This hearty seafood sauce is perfect during the cooler months.

Fennel is outstanding in this dish. If it is unavailable, use 1/4 cup licorice liqueur or 1 tbsp fennel seeds. If the licorice taste is not desired, omit fennel and add 1 cup chopped leeks or onions.

Any combination of seafood can be substituted to make up the total amount.

Firm white fish fillets, such as halibut, snapper or haddock, can be substituted for seafood.

1. Cook the chopped fennel in boiling water for about 8 minutes, or just until barely tender. Drain and set aside.

2. Cook pasta of your choice in boiling water according to package instructions or until firm to the bite. Drain and place in serving bowl.

3. In a large nonstick saucepan, heat the vegetable oil; sauté garlic, red onions, green peppers and fennel for 5 minutes. Add sliced mushrooms and cook for 5 minutes or just until mushrooms are no longer wet. Add crushed tomatoes, stock, black olives, tomato paste, basil, oregano, bay leaf and cayenne. Simmer on medium-low heat for 15 minutes, stirring occasionally.

4. Add seafood. Cover and simmer for 3 minutes, or until mussels are open and seafood just cooked. Pour over pasta. **ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN**

Ingredients

- 1 cup chopped fennel
- 12 oz fusilli or rotini
- 2 tsp vegetable oil
- 2 tsp crushed garlic
- 1 cup chopped red onions
- 1 cup chopped sweet green peppers
- 1 cup sliced mushrooms
- 2 cans (19 oz each) crushed tomatoes
- 1/2 cup fish or chicken stock
- 1/3 cup sliced black olives
- 1 tbsp tomato paste
- 2 tsp dried basil
- 1 tsp dried oregano
- 1 bay leaf
- Pinch cayenne
- 8 oz fresh mussels or clams
- 8 oz shrimp, peeled and deveined
- 8 oz squid, cleaned and sliced

For your phone

In Mary We Trust – Mary Berry (iPad/iPhone; $2.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

For Thanksgiving or Christmas, this is your guide to making a traditional turkey spread with old-fashioned stuffing, sides and sauces. There's cranberry confit, five-nut roasts and custard trifles for everyone.

Just can't say goodbye to your grill? This one's for you

Before the temperatures start to drop and those fall chills make their way across the country, put your barbecue to good use while you still can.

This Grilled Halibut, Asparagus and Chorizo with Arugula Pasta Sauce makes for a sophisticated presentation but is deceptively easy to make.

This recipe serves two. PRESIDENT'S CHOICE

Ingredients

- 2 pieces skinless boneless halibut (about 300 g total), cut 1 1/2-inches (4 cm) thick
- 3 oz (90 g) spicy cured chorizo sausage, cut diagonally in six 1/4-inch (5 mm) thick slices
- 10 thick asparagus spears, trimmed
- 4 tsp (20 ml) olive oil
- 1 tsp (5 ml) grated lemon rind
- 2 tbsp (25 ml) chopped fresh basil
- 1/4 tsp (1 ml) kosher salt
- 1/4 tsp (1 ml) cracked black pepper
- 1/2 cup (125 ml) PC Black Label Arugula Pasta Sauce

1. Preheat your barbecue to medium-high heat.

2. In large bowl, gently toss together halibut, chorizo, asparagus, olive oil, lemon rind, basil, salt and pepper until combined. Pour pasta sauce into small saucepan; set aside.

3. Arrange halibut, chorizo and asparagus on grill, keeping each ingredient together. Cook chorizo and asparagus for 5 to 6 minutes, turning every minute, or until tender and slightly charred. Cook halibut for 6 to 8 minutes, turning once halfway, or until just cooked through.

4. Meanwhile, place saucepan with pasta sauce on stovetop over medium heat. Cook, stirring occasionally, for about 5 minutes or until heated through.

5. Spoon sauce into centre of two dinner plates. Arrange halibut, chorizo and asparagus over top. **PRESIDENT'S CHOICE**

Lunch. Baby Spinach, Tuna & White Bean Salad

Tender baby spinach is a source of iron, and makes a great base for this main course tuna-bean salad.

1. In large bowl, toss together spinach, tomatoes, red peppers, kidney beans, tuna, 1/4 tsp (1 ml) of the salt, and pepper.

2. In small bowl, whisk together vinegar and mustard; whisk in olive oil and remaining 1/4 tsp (1 ml) salt. Pour over tuna mixture; toss to coat.

PRESIDENT'S CHOICE

Ingredients

- 1 tub (142 g) PC Organics Baby Spinach
- 1 cup (250 ml) cherry tomatoes, halved
- 1 cup (250 ml) diced sweet red peppers
- 1 can (540 ml) white kidney beans, rinsed and drained
- 1 can (120 g) PC Solid White Tuna in Water, drained and flaked
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 2 tbsp (25 ml) red wine vinegar
- 2 tsp (10 ml) Dijon mustard
- 1/4 cup (50 ml) olive oil

THE SUFFERING IS UNNECESSARY

AVOIDABLE BLINDNESS IS A SOLVABLE PROBLEM

Dinner in the dark sounds romantic, but what about a full restaurant meal served and consumed in total blackness?

Vancouver restaurant Dark Table is offering just that experience, along with live music, to mark World Sight Day Thursday. The restaurant is partnering with Seva Canada, an international development organization founded in 1982 to restore sight and prevent blindness in the developing world.

Dinner is served by visually impaired staff while guests will experience what it feels like to be blind for an evening.

"It's a really engaging and entertaining way for our guests to get a sense of what it might be like to be blind while gaining awareness of this global issue," says Penny Lyons, Seva Canada's executive director.

ISTOCK/THINKSTOCK

"Avoidable blindness is a solvable problem. We have the answers; the suffering is unnecessary."

World Sight Day is held annually on the second Thursday in October. The goal is to raise awareness of blindness and vision impairment in the general public and to push governments around the world to improve national blindness prevention programs. It also aims to promote education about avoiding blindness.

The International Association for the Prevention of Blindness, the U.K. group organizing World Sight Day, wants the public to help spread the word. The association is encouraging people to blindfold important city landmarks to draw attention to World Sight Day.

"The blindfold is a powerful tool to convey the message of losing your sight, and to urge people to get their vision tested," the association says.

Blindness is a major problem in the developing world. Of the 39 million people globally suffering from a total loss of sight, 90 per cent live poor countries.

The theme for 2013 is Universal Eye Health and urges people to "Get your eyes tested." The goal is to increase access to comprehensive eye care services that become integrated with health-care systems.

– Jon Tattrie

RESTORE NEAR VISION

AT HORIZON LASER VISION CENTER

Did you ever wish you had longer arms?

Between the ages of 40 and 50, we tend to start stretching our arms to read the newspaper, a price tag or our mobile phones. Words start to become blurry and we start to feel our age. The technical term for this is presbyopia (prez-bee-OH-pee-ah).

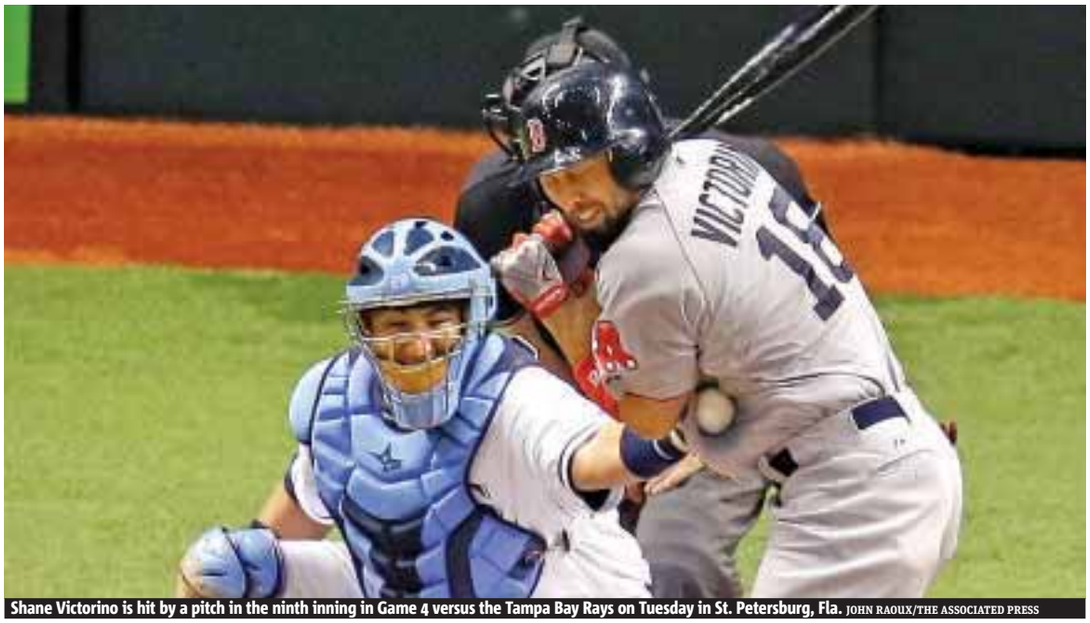
Fortunately, Horizon Laser Vision Center offers the solution for near vision loss called KAMRA Vision. This is a revolutionary procedure that restores near vision and reduces dependency on reading glasses.

Dr. Ronan Conlon, medical director of HLVC, ophthalmologist, KAMRA surgeon and recipient, shares his experience

"All is well. Using my iPad, iPhone, and computer all without glasses. Great. I was in the OR today, and did 26 cataract surgeries with my 'naked' eye. It just made everything easier in the OR — what a convenience. My only regret is I wish I had the procedure sooner."

CONTRIBUTED

To find out if you are a candidate for KAMRA vision, contact Horizon Laser Vision Center at 306-664-3937 to arrange a complimentary preview consultation.



Shane Victorino is hit by a pitch in the ninth inning in Game 4 versus the Tampa Bay Rays on Tuesday in St. Petersburg, Fla. JOHN RAOUX/THE ASSOCIATED PRESS

Red Sox's Victorino: 'Whatever it takes'

MLB. Outfielder helps Boston earn extended break after Game 4 triumph over Tampa Bay

Shane Victorino was hit by one pitch in the right arm and another in the ribs. That brought the total to four in four playoff games for the Red Sox outfielder, who was plunked more than anyone else in the AL in the regular season.

"Any way to get on base," said Victorino, who also beat out an infield single to drive in the go-ahead run on Tuesday night in Boston's 3-1, AL division series-clinching victory over the Tampa Bay Rays.

"Do I want to get hit? No. But whatever it takes," said Victorino, who combined with leadoff hitter Jacoby Ellsbury to reach base a combined five times in the game. "Teams that win (the) World Series, when the No. 1 and 2 guys are getting on, doing what they need to do, that's how you do it.... Whatever it takes to get on base."

Victorino will have plenty of time to rest his aching body after the Red Sox eliminated the Rays in four games to advance to the AL championship series. Boston will play the winner of Thursday night's game between the Oakland Athletics and Detroit Tigers.

The best-of-seven ALCS opens at Fenway Park on Saturday, giving the Red Sox three days off to rest and line up their pitching rotation. Boston will have played four games in 12 days by then, and really only four meaningful games in three weeks since clinching the AL East on Sept. 20.

"We just knew that every part of us wanted to finish it here," said Boston starter Jake Peavy, who pitched 5 2/3 scoreless innings in the clincher. "We didn't want to go back (for Game 5 at Fenway Park) and get David Price again. It's just outstanding the way we came together as a group ..."

With the time off, Jon Lester will be available to start Game 1 on Saturday on seven days' rest.

THE ASSOCIATED PRESS

Getting it done

"We just knew that every part of us wanted to finish it here."

Red Sox pitcher Boston Jake Peavy, on winning their series vs. the Rays in Game 4

Murder case

Prosecutors seek recusal of judge in Hernandez trial

Prosecutors in the murder case against former New England Patriot Aaron Hernandez want the judge to recuse herself because, they said Wednesday, she and the lead prosecutor have a public history of antagonism and she has shown bias.

Bristol County Assistant District Attorney William McCauley wants Judge Susan Garsh to remove herself from the case, he said during a hearing in Fall River Superior Court.

Hernandez attorney James Sultan said in court that the defence would strenuously object to the recusal request when arguments are heard Oct. 21.

THE ASSOCIATED PRESS

MLB playoffs

Tigers' Verlander to face A's in Game 5 once again

These decisive Game 5s sure are becoming familiar for Justin Verlander.

Just like last October in Oakland, the Tigers have been pushed to a winner-take-all fifth game in their AL division series against the Athletics. And Detroit will have Verlander on the mound again Thursday night after he pitched a four-hit shutout in the 2012 clincher.

"Well, you don't pretend. It's not just another game," Verlander said after the Tigers evened the series with an 8-6 win Tuesday at Comerica Park. "This whole season ... comes down to one game, may the best team win." THE CANADIAN PRESS

NCAA. Kansas freshman Wiggins to grace SI cover

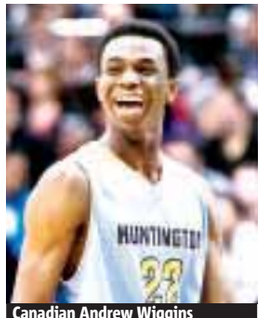
Canadian basketball player and top prospect Andrew Wiggins appears on the cover of this week's Sports Illustrated.

The six-foot-eight, 200-pound Kansas freshman is expected to go first overall in the 2014 NBA draft.

Wiggins, from Vaughan, Ont., is wearing his No. 22 Jayhawks jersey on the cover.

The story compares his arrival at the school to the arrival of former Kansas stars Wilt Chamberlain and Danny Manning.

THE CANADIAN PRESS



Canadian Andrew Wiggins
TORSTAR NEWS SERVICE FILE

Redskins debate

"The name was never a label. It was, and continues to be, a badge of honour."

Washington Redskins owner Dan Snyder says respect goes both ways when it comes to the debate over the team's nickname. The man who ultimately gets to decide whether the name stays or goes offered his thoughts on the matter Tuesday in a letter to season-ticket holders, the first time he has addressed at length the change-the-name campaign that has picked up momentum this year. The tone of the letter suggests that no change is under consideration.

NBA. Kobe Bryant still weeks away from return

Although Kobe Bryant is making steady progress in his recovery from a torn Achilles tendon, he's still a few weeks away from playing for the Los Angeles Lakers.

Bryant is back with the Lakers after a short trip to Germany to get treatment on his right knee, another trouble area for the 35-year-old guard. He sat on Los Angeles' bench for an exhibition game Tuesday night, and he'll travel with the team to China later this week.

But the fourth-leading scorer in NBA history isn't committing to any return date until he gets in shape and figures out how his legs will hold up when he's back in uniform.

THE ASSOCIATED PRESS

Banged up

"I don't know why you guys are so hell-bent on deadlines.... When I'm ready, I'm ready."

Lakers guard Kobe Bryant, on his expected return date from injury.

Horoscopes

♈ Aries
March 21 - April 20
The planets warn someone you have financial dealings with will try to take advantage of you. They will only succeed if you can't be bothered to stop them. Sometimes you can be too easygoing.

♉ Taurus
April 21 - May 21
If you are looking for an honest opinion from your friends, you won't get it. You will though get flattery by the bucket load, so try to keep in touch with reality. Take what others tell you with a large pinch of salt.

♊ Gemini
May 22 - June 21
The spotlight will shine on areas of your life that maybe you would prefer to keep under wraps. Don't kick up a fuss or your enemies will realize they have touched a nerve and won't ever leave you alone.

♋ Cancer
June 22 - July 23
You are in a restless mood today but it's highly unlikely you will be in the same place tomorrow. Get away from your usual surroundings. It will do you a world of good.

♌ Leo
July 24 - Aug. 23
A combination of Venus and Neptune will bring your humanitarian instincts to the fore today. But be careful who you give money to as not everyone will deserve it.

♍ Virgo
Aug. 24 - Sept. 23
You may find it hard to explain how you feel today but that's OK. Those who count the most will recognize the signs and give you the love and support you so clearly need.

♎ Libra
Sept. 24 - Oct. 23
Do you control your desires or do you indulge them to the full? Only you can decide. But if you play safe, you will most like regret it. Life is for laughing and loving, so don't be scared to take chances.

♏ Scorpio
Oct. 24 - Nov. 22
Today's influences may take away your energy, at least for a while, but that may be no bad thing. Sometimes it's good to step back from the hustle and bustle of life and refocus.

♐ Sagittarius
Nov. 23 - Dec. 21
Take your pleasures where you find them today — and you will find them in every direction. Most likely you will get the greatest satisfaction from being with your family.

♑ Capricorn
Dec. 22 - Jan. 20
You seem to be worrying that your life is going too well and something is sure to go wrong in a big way very soon. That's typical Capricorn negative thinking but, you are wrong.

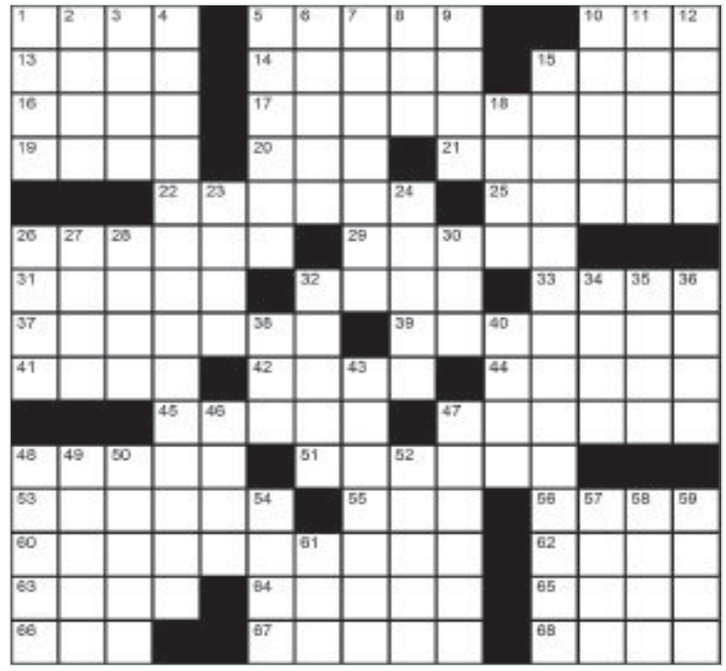
♒ Aquarius
Jan. 21 - Feb. 19
It's not like you to worry about issues that you have no way of controlling, so snap out of the funk you have fallen into and get your mood back up there in the clouds. Life is supposed to be fun — remember?

♓ Pisces
Feb. 20 - March 20
This may be a restless day for you but that's OK. In fact, the more you and move around, the more fun you will have — and the more money-making opportunities you are likely to attract. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

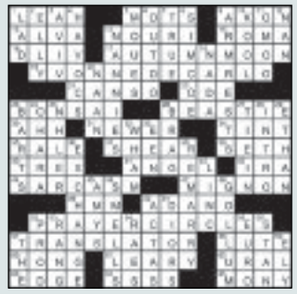
BY KELLY ANN BUCHANAN



Across
1. On __ (Without a contract)
5. "The __ Estate" on CBC
10. Person's size stat.
13. Curved shape
14. Hit _ __ spot
15. Cut back
16. Ms. Ephron
17. Hit for Canadian band Sweeney Todd: 2 wds.
19. Made, like wool
20. Old English letter
21. CBC's "Battle of the __"
22. 1992 Barenaked Ladies album
25. "Take __ __ day at a time."
26. Improvises
29. Sketch's Mr. Michaels
31. Prefix meaning 'Nose'
32. Head of France?
33. Garnish
37. BBC Canada motoring program: 2 wds.
39. Whale: French
41. Absentee soldier stat.
42. Headquarters
44. It's short for 'low budget'
45. Era
47. Breathable fabric
48. Deadly
51. Dance music style
53. Onze: English
55. Geddy of Rush
56. Where Neil Armstrong worked
60. Old West saloon brawl weapon: 2 wds.
62. Particular
63. Mark Twain story, __ Diary
64. Six-stringed instruments
65. "We want you here!"
66. Soak flax
67. Rile
68. Twirl

Down
1. Without
2. __ up (Support)
3. Almond shade
4. Spectacular signs of the season: 2 wds.
5. Sea travellers
6. "That __ __, I could have sworn that..."
7. Battlefield shelter
8. Attempt
9. Cilantro, for one
10. Writer, Ralph __ Emerson (b.1803 - d.1882)
11. PEI, The __ Province
12. Succinct
15. What caused Pangaea to break apart?: 2 wds.
18. Ken of "thirty-something"
23. Instrument for the Duck in Sergei Prokofiev's symphonic fairytale Peter and the Wolf
24. "That might __ __ such a bad idea..."
26. "Thou ___ lady." - King Lear
27. Red Sea sailing vessel
28. Fat-sucking oper.
30. Mens __ (Criminal intent, in law)
32. Stretch of land
34. Carouse
35. Quickly, __ __ time at all
36. "You're putting __ __, right?!"
38. Blood-typing letters
40. Novelist Mr. Uris
43. Coach on "The Voice", Blake __
46. Common people member, briefly
47. Cornball
48. Not as many
49. Hit for Canadian singer Edwin
50. Dogma
52. Sit-and-play instrument
54. 'N' of NS
57. On
58. __-sweet chocolate
59. Sherman Hemsley comedy of 1986 to 1991
61. Pantry container

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	7	8	5	9	1	6	4	3
6	4	5	7	3	8	9	1	2
3	9	1	6	4	2	7	8	5
1	5	6	3	7	4	2	9	8
7	8	9	1	2	6	5	3	4
4	3	2	8	5	9	1	7	6
5	6	7	9	8	3	4	2	1
9	2	3	4	1	5	8	6	7
8	1	4	2	6	7	3	5	9

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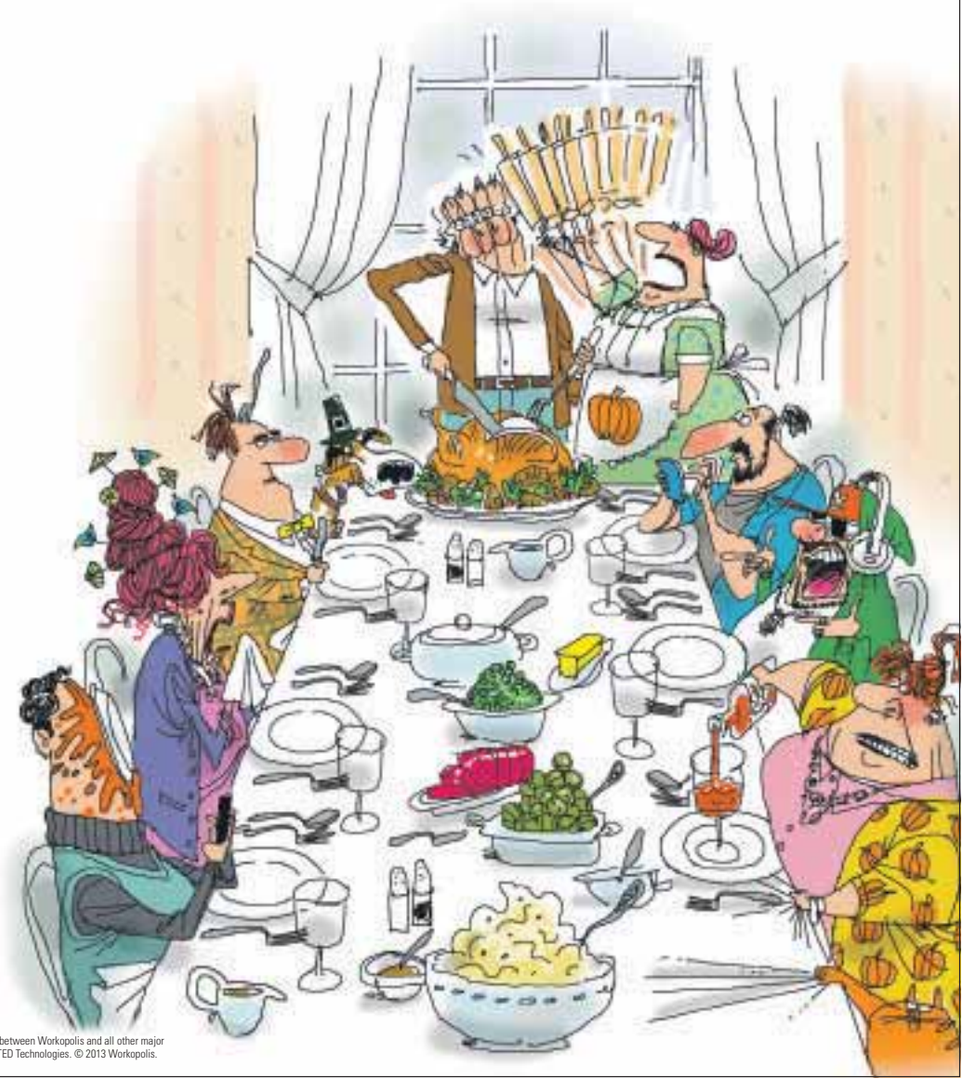

"Number one job site" based on six-month average online job postings for period ending September 30, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.